

LIVING, LOVING & UNLEARNING: THE TRUTH ABOUT LIVING IN BALANCE AND AUTHENTICITY



Lecture Topics

- I. The Process of Unlearning and the benefits of this practice.
- II. What does "balance" really mean and how do we achieve it?
- III. Mind, body, spiritual, and emotional health.
- IV. When is ego healthy and when is it detrimental?
- V. Achieving your goals in life without too much strife.
- VI. The practice of mindfulness.
- VII. Meditation exercise.
- VIII. Thoughts and questions.



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